

You *can* quit smoking. We can help.

Join the American Lung Association's eight-week quit smoking program, conveniently held virtually via ZOOM. Hundreds of thousands of people have become smokefree through a Freedom From Smoking® Group Clinic which offers a structured, systematic approach to quitting smoking.

Overseen by a certified facilitator, you will learn:

- How to know if you're really ready to quit
- Medications that can increase your success
- Lifestyle changes to make quitting easier
- How to prepare for your quit day
- Coping strategies for managing stress & avoiding weight gain
- How to stay smokefree for good

FREE Freedom From Smoking Group Quit Program New Groups Forming Now!

Call **(610) 379-2001** or email info@ecneahec.org to RSVP.

We are providing these groups virtually or over the phone with hopes to provide them in person once CDC guideline allow. We also provide FREE nicotine replacement therapy which includes nicotine patches, gum and lozenges to participants that complete the program.

